



# LAUGH YOUR WAY TO A QUALITY LIFE WITH LAUGHTER YOGA

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## I. INTRODUCTION:

“Against the force of laughter nothing can stand”

- Mark Twain

Charlie Chaplin made people laugh and he believed that “a day without laughter is a day wasted” for one who doesn't enjoy a good laugh with family and friends. Life gives us enough opportunities or reasons to laugh our heart out. Only we don't have enough time to embrace those chances. Due to stress, depression, lack of sleep, negative thoughts and feeling of isolation we aren't letting ourselves to smile at our own thoughts, leave alone laughing at something. Dr. Madan Kataria was the father of this Laughter therapy in India. He used this exercise to promote health through laughter around the world because he knew that laughter has some real health benefits.

Laughter yoga is a unique style of yoga that involves laughing voluntarily. This new twist to the ancient practice of yoga is probably the only exercise routine that will leave you happier and healthier. It is an excellent cardio workout and what starts as a forced laughter becomes a real one and more contagious than a common cold. It combines yogic breathing and laughter exercise to make you healthy.

## II. BENEFITS OF LAUGHTER YOGA:

Laughter yoga can benefit physically, mentally, and socially to an individual as follows:

### 1. Physical health benefits

- Boosts immunity
- Lowers stress hormones
- Decreases pain
- Relaxes muscles
- Prevents heart disease
- Lowers blood pressure

### 2. Mental health benefits

- Adds joy and zest to life
- Eases anxiety and fear
- Relieves stress
- Improves mood
- Enhances resilience

### 3. Social health benefits

- Strengthens relationships
- Attracts others towards us
- Enhances team work
- Helps to reduce conflict
- Promotes group bonding

## III. STEPS INVOLVED IN LAUGHTER YOGA:

A session of laughter yoga starts with warming up on stretching and clapping to help the body loosen up and create a playful environment in the group. It is followed by yogic breathing exercises that open the lungs up. Each bout of laughter should last for 30-40 seconds, followed by clapping and “hoho ha haha” exercise. Take two deep breaths after every laughter exercise.

Here's how to do laughter yoga in 20 to 30 minute program,

**STEP1:** Clapping in a rhythm 1-2, 1-2-3 along with chanting of “Ho-Ho-Ha-Ha-Ha”

**STEP2:** Deep Breathing with inhalation through the nose and prolonged exhalation. (3 times)

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**STEP3:** Shoulder, neck and stretching exercises (5 times each)

**STEP4:** Hearty Laughter: Laughter by raising both the arms in the sky with the head tilted a little backwards. Feel as if laughter is coming right from your heart.

**STEP5:** Greeting Laughter: Joining both the hands and greeting in Indian style (Namaste) or shaking hands (Western Style) within the group.

**STEP6:** Appreciation Laughter: Join your pointing finger with the thumb to make a small circle while making gestures as if you are appreciating your group members and laughing simultaneously.

**STEP7:** One Meter Laughter: Move one hand over the stretched arm of the other side and extend the shoulder (like stretching to shoot with a bow and arrow). The hand is moved in three jerks by chanting Ae....., Ae....., Aece..... and then participants burst into laughter by stretching both the arms and throwing their heads a little backwards and laughing from the belly. (Repeat 4 times).

**STEP8:** Silent Laughter (without sound): Open your mouth wide and laugh without making any sound and look into each others' eyes and make some funny gestures.

**STEP9:** Humming Laughter (with mouth closed): Laughter with closed mouth and a humming sound. While humming keep on moving in the group and shaking hands with different people.

**STEP10:** Swinging Laughter: Stand in a circle and move towards the center by chanting Ae.....Ooo.....Eee...Uuu...

**STEP11:** Cell Phone Laughter: Hold an imaginary mobile phone and try to laugh, making different gestures and moving around in the group to meet different people.

**STEP12:** Argument Laughter: Laugh by pointing fingers at different group members as if arguing.

**STEP13:** Forgiveness / Apology Laughter: Immediately after argument Laughter catch both your ear lobes and laugh while shaking your head (Indian style) or raise both your palms and laugh as if saying sorry.

**STEP14:** Heart to Heart Laughter (Intimacy Laughter): Come closer and hold each others hands and laugh. One can shake hands or hug each other, whatever feels comfortable.

**Closing Technique:** In the end all the members should stand with their eyes closed for one minute with their arms spread upwards, saying the slogan FEELS SO GOOD AND FEEL SO WELL...

## VI. CONCLUSION:

Laughter Yoga is a modern grass-root success phenomenon that one managed to do in a few years. Laughing is an easy way to strengthen all immune functions, bring more oxygen to the body and brain, foster positive feelings and improve interpersonal skills.

## V. REFERENCES:

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